

Learning to be still

Many long for moments of silence during your busy days. Many hope for spaces of peace and calm in our schedules. Many look for ways to stop and breathe.

Come and explore how to find these moments. Learn tools and techniques for spiritual practice in everyday life.

Wednesdays 12:00 – 1:00 pm (starting September 26)

Annex Z Room 05

For more info contact Ellie Hummel

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